Good news for homemakers

An office for consumers

By SHIRLEY W. WALTON
Extension Agent

Note: Recently I did a consumer awareness program for the Association of Retired Persons in Pamplin. Some of them suggested that this information would be helpful to everyone.

Are you familiar with the Virginia Office of Consumer Affairs? Do you know what it does for you as a consumer? This article is devoted to informing you, the consumer, about what is provided for us by the Virginia Office of Consumer Affairs.

On behalf of the consumer, you and me, the Office of Consumer Affairs does the following:

1. Investigate and mediate consumer complaints.
2. Refers complaints to the proper state or local regulatory agency for processing.
3. Cooperates with the Attorney General's office and/or the Commonwealth Attorney's office in taking legal action against companies accused of engaging in unfair sales or misrepresentation or fraudulent practices.
4. Handles complaints specifically against state agencies.
5. Initiates educational programs through speaking engagements, highlighting consumer protection laws that have been passed for the consumer's benefit.
6. Cooperates with the Virginia Department of Education in getting increased emphasis on teaching consumer education in the state schools.
7. Cooperates with other state agencies and institutions of higher learning to insure a balanced community consumer education program.
8. Cooperates with businesses that wish to promote good consumer business relations.
9. Cooperates with local, state and federal consumer agencies.

As a consumer, we also need to know what the Office of Consumer Affairs does not do. The Office of Consumer Affairs has been given specific responsibilities by the General Assembly. The office is not empowered to:

1. Act as a consumer's private attorney in legal actions against merchants.
2. Give individual legal advice or counselling.
3. Make recommendations of specific firms, services, brands or products.
4. Regulate the pricing of goods and services unless there is a question of misrepresentation related to the price or service.

An individual wishing to file a complaint should complete a complaint form which may be secured from: Office of Consumer Affairs, P.O. Box 1163, 825 East Broad Street, Richmond, Virginia 23209. The toll free number for the Office of Consumer Affairs in Richmond is 1-800-552-9963. Before filing a formal complaint, a consumer should:

1. Contact the merchant and attempt to settle the complaint himself.
2. Obtain the complete name and address of the company and the names of the individuals with whom he has dealt.
3. Send copies of all documents relevant to the complaint to the Office of Consumer Affairs and, if possible, keep originals for himself.
4. Make certain that details of the transaction that could in any way be helpful to the investigation have not been omitted.

Homemakers, we hope that you will not need to make consumer complaints or have consumer problems, but it is nice to know that we do have a Virginia Office of Consumer Affairs with branches in several places. The one nearest us is the Richmond office. There is also an office in Roanoke. The only office having the toll free number is the Richmond location.

Homemakers, should you have a homemaking question or problem, you may call us at 352-8244 or write the Appomattox County Extension Office, P.O. Box 48, Appomattox, Virginia 24522. It is always a pleasure to hear from you and to help you in any way possible.

Have a good week!

RECIPE OF THE WEEK

Deep-Dish Taco Squares
½ pound ground beef
½ cup dairy sour cream
⅓ cup mayonnaise or salad dressing
½ cup shredded sharp cheddar cheese (2 oz.)
1 Tablespoon chopped onion
1 cup biscuit mix
¼ cup cold water
1 or 2 medium tomatoes, thinly sliced
½ cup chopped green pepper

Heat oven to 375. Grease square pan-8x8x2. Cook and stir ground beef until brown; drain. Mix sour cream, cheese, and onion and mayonnaise; reserve. Mix biscuit mix and water until soft dough forms. Pat in pan, press dough ½ inch up sides.

Layer beef, tomatoes and green pepper in pan; spoon sour cream mixture over top. Sprinkle with paprika, if desired. Bake until edges of dough are light brown. 25 to 30 minutes. 5 to 6 servings. This is delicious and different.

Irvin in Germany

PFC Charles T. Irvin is serving an 18 month tour of duty in Aschaffenburg, Germany.

Prior to the assignment in Germany, PFC Irvin was stationed at Fort Dix, New Jersey where he completed basic and attended a Self-Pace Truck Driving class. He was one of five to complete the course in four weeks.

Tommy is the son of Mr. and Mrs. Charles R. Irvin and is a 1980 graduate of Appomattox County High School.

Happiness is 4-H

By FRANK SWEET
Extension Agent

We've just received a notice of the date for this year's State 4-H Dog Show. It will again be held in conjunction with the State Fair and will be on Saturday, October 3, beginning at 11:00 A.M. in Richmond. Details and entry forms are available from the Extension Office. The last day to send in entries is August 25.

* * *

All 4-H'ers will be receiving a 4-H newsletter within the next several days that will give information about special events, workshops and activities that will be taking place over the remainder of the summer. Please read your newsletter carefully so that you can sign up for the activity in which you are interested.

* * *

4-H sewing classes are underway. Twelve 4-H'ers completed the classes at Pamplin last week. Two adult leaders and several teenagers assisted with the teaching of the classes.

* * *

The 4-H Forestry Judging Team from Appomattox County will represent Virginia at the National 4-H Forestry Judging Contest at Jackson Mill, West Virginia, during the week of August 10-14. Forestry Team members are Richard Conner, Dale Glover, Blair Smith, and Glen McClenny.

* * *

Now is an excellent time for 4-H'ers to work on completing the various projects they received last year. These projects will be due in the extension office by mid-October. Each 4-H member completing projects will receive ribbons for their work.

* * *

We have several copies of the 1981 State Fair catalog in the extension office if you would like one.

Five County Fair catalogs should be available soon.

* * *

Almost 60% of the 4-H'ers who attended Holiday Lake 4-H Camp in June have returned their camp evaluation forms. If you have not done so, please send your form back and help us plan an even better camp in 1982.

* * *

COLEMAN FAMILY REUNION

The DESCENDANTS OF THE FOLLOWING GENERATIONS OF John Coleman - of Nelson County, his son, Samuel Coleman of Nelson County and his son and daughter-in-law —John and Lucy Allen Coleman of Appomattox County and their son and daughters-in-law, Samuel Nelson Coleman of Amherst County, his first wife, Olivia Sheffield Coleman, his second wife, Pocahontas Lee Sheffield Coleman, the daughters of John and Fannie Sheffield of Nelson County, are having their family reunion at the home of Alfred and Becky Coleman at Elon in Amherst County on Hwy. 130, 4 miles West of Hwy. 29 North from Lynchburg, Va., Sunday, August 2 at 1:00 p.m. All relatives and friends are cordially invited to be present for this joyous occasion and bring a covered dish or picnic lunch.

For additional information contact Elizabeth Coleman Britsindine, Phone 1-804-929-8177 or Virgil A. Coleman, Phone 1-804-947-8751 or 1-804-929-6676-Rt. 1-Monroe, Va. 24574.

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INSTRUCTION

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As quoted by the U.S. Dept. of Labor, Bureau of Labor Statistics, Bulletin No. 2070

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Rocks news

Farmers are busy threshing oats now. Wheat saving about at the end. The ladies are canning and busy picking berries.

- Mr. and Mrs. James A. Lewis and Mary Ann of Appomattox spent the weekend in Colliers, West Virginia with Mr. and Mrs. George G. Freshwater and son, Karl.
- Mrs. Dolly Cawthorn accompanied her daughter, Betty to Washington after a stay in the hospital in Lynchburg.
- Ernest Baldwin is back home from the hospital after treatments there.
- Rev. W. H. Elder occupied the pulpit at Rocks on July 12 in the absence of Rev. C. W. Hawks.
- Glad Miss Joyce Wingfield is doing well after surgery at Virginia Baptist Hospital on July 9. May she have a very speedy recovery. Miss Kim Hipps left on Tuesday after a furlough here since June 19.
- Get well wishes go out to Mrs. Louise Marsh of Lynchburg who has had the second knee operation.
- Friends of Rev. A. M. Taylor at Rocks will be glad to know Rev. Taylor has been called as Interim Pastor of the Home of Prayer Mission that was organized as a mission on Sunday, July 19. He will assist them in developing a church in Lynchburg.
- Get well wishes go out to Rev. Sam Faulkenberry of the Baptist Center who is recovering from surgery recently.
- Get well wishes go out to Mr. Oliver Burns who was rushed to Lynchburg General Hospital on Thursday night.
- Mrs. Louise Burks continues ill in Kingsport, Tenn.
- Ri's wife, Chin and Quang were visiting Mr. and Mrs. C. E. Richardson last Saturday night. Others who were visiting in this home were Mr. and Mrs. Kenneth St. John and Mrs. Clara Garrett of Evergreen.
- Mr. and Mrs. Tobey Inge were camping at Lake Gaston last weekend.
- A shower was given Lisa Jane Franklin at the Deaners home near Hollywood on a Saturday night recently. Jane Almond and mother, Ruby from Rocks attended.
- Dillard Ferguson is home from the hospital. May he have a speedy recovery.
- Get well wishes go out to Mr. Jim Wooldridge of near Evergreen who was rushed to Lynchburg General Hospital on Thursday night.
- The Johnson and Swanson Anderson wedding was held in Farmville last Saturday, July 11 at 11:00 a.m. After a wedding trip to Skyline Drive, they will reside in Farmville.
- The Brotherhood and RA's had a social down at Old Rocks on Wednesday night, July 15.
- Mrs. Mary Dickerson was visiting in the neighborhood this past week.
- Congratulations to Tobey Inge who won the birthday cake over WTX on Thursday.
- Tammy Irby spent last week in Farmville with her aunt.
- A number from Rocks attended the B.W. meeting at Eagle Eyrie on last Wednesday.
- A quick recovery is wished Mrs. Benita Ripley who was involved in an accident with her horse last weekend. She entered a hospital in Halifax on Saturday night, and is in Lynchburg General Hospital in fair condition.
- The Prayer Time Circle met with Marilyn Harris on Tuesday afternoon.
- Mrs. Dolly Cawthorn is in a hospital in Washington very ill. May she have a quick recovery.
- Mr. and Mrs. Earl Elder of Houston, Texas arrived Monday morning, July 13 to spend a week here with his mother, Mrs. L. C. Elder and sisters, Margaret and Dorothy and other relatives.
- Mr. and Mrs. Joe Almond and Tim spent Wednesday in Richmond with Mr. and Mrs. Granville Sadderwhite and family.
- A shower was given at Rocks Church on Friday night for May Ann Lewis. Wedding bells will soon be ringing around here.

Wilbun's SUPERMARKET

Bunker Hill Gravy and BEEF Chunks 15-oz. can $1.39
White House APPLE JUICE 32-oz. jar 69¢
Carnation Choc. SLENDER BARS 8-oz. pkg. of 8 $1.29

BANQUET Chicken BREASTS 22-oz. pkg. $2.89
PACKER'S LABEL Lemonade 2 12-oz. cans 95¢
All Vars. BANQUET DINNERS 11-oz. pkg. 79¢
MORTON'S Beef, Chick, Turk. POT PIES 2 8-oz. pkgs. 89¢
RICHFOOD Swt. or B'milk BISCUITS 4-Pk. 8-oz. cans 79¢
KRAFT American CHEESE 12-oz. Singles $1.59

DUKE'S Homemade Mayonnaise QT. JAR $1.19
SUNKIST Orange DRINK or Dr. Pepper 8-Pk. 16-oz. Bots. $1.29 PLUS DEPOSIT
RICHFOOD Strawberry PRESERVES 2-Lb. jar $1.49
SOFTWEVE Bath TISSUE 2-roll pkg. 59¢
BUSH'S Pinto BEANS 3 .15-oz. cans $1.00
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